

BRIDGEHAVEN PROGRAMS
BRIDGE TO RECOVERY / OPPORTUNITY HOUSE
 950 South First Street, Louisville, KY 40203
 Phone: (502) 585-9444 Fax: (502) 585-9466
www.bridgehaven.org

**BRIDGEHAVEN
MISSION STATEMENT**

Bridgehaven provides the highest quality community based psychiatric rehabilitation and recovery services for adults with severe and persistent mental illness. We enhance the lives of Bridgehaven members by encouraging them to achieve the skills to live, learn, work and socialize in their chosen environment.

**BRIDGEHAVEN
ADMINISTRATIVE STAFF**

Ramona Johnson	President/CEO
Barbara Hedspeth	Clinical Director
Pat Logsdon	Director of Finance/ Administration
Donna Schuster	Director of Development
David Sisk	Admissions/Referral Coordinator
Stewart Bridgman	Program Manager Bridge To Recovery
Arti Ortega	Program Manager Opportunity House
Jenni Oglesby	Executive Office Manager



ACCREDITED AS A PSYCHOSOCIAL REHABILITATION PROGRAM BY CARF
 BRIDGEHAVEN IS A MEMBER AGENCY OF METRO UNITED WAY
 AND AN AFFILIATE OF SEVEN COUNTIES SERVICES, INC.
 BRIDGEHAVEN RECEIVES FUNDING FROM LOUISVILLE METRO GOVERNMENT



Bridgehaven, Inc.
 950 South First Street
 Louisville, KY 40203-2288



**THE RECOVERY
SOURCE**
 SPECIALIZING IN
 PSYCHIATRIC REHABILITATION &
 COMMUNITY INTEGRATION

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FEBRUARY 2011

**Art as a Part of Healing
Shining a Light on Recovery**

Bridgehaven has a vibrant art therapy program that is an integral part of our recovery program. Join us for our 2011 Art as a Part of Healing event, celebrating the artistic endeavors of our members and the work they've done with this year's guest artists, John Nation, photographer for *Louisville Magazine* for 35 years, and photographer Margaret Fenton. The event will honor our Member Artists, Art Therapists and these former Bridgehaven Artists-in-Residence: Sarah Frederick, Janet Gream, Karen Johnson, Diana Brockaway Klem, Joel Pinkerton and Jonathan Swanz.



**Sunday, March 6, 2011
4:00 p.m.-7:00 p.m.**

at Bridgehaven, 950 S. First St.
 Free admission
 Hors d'oeuvres, wine and soft drinks
 Shining a Light on Recovery member gallery
 Poetry & music presentations by members
 Raffle of Nation/Fenton photographs
 Member art for purchase



Sponsored by:



**"Dancing With the Stars"
Bridgehaven Style**

In an effort to better meet the needs of our members Bridgehaven is offering another evening program on Thursday in addition to our Tuesday evening program. We have also offered group therapies in late afternoon on these days to accommodate members who work, attend school, or prefer activity later in the day. The evening program begins with dinner and then some fun activities that encourage members to socialize and practice social skills. Some recent evening programs featured a celebrity look alike contest, and a "Dancing With the Stars" contest. The more adventurous folks participate in the contest while others may choose to sit back and enjoy the show. Needless to say we have some evening program staff that use a lot of creativity and effort to make the program engaging and fun.

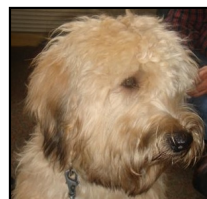
SUCCESS! Workshop

Bridgehaven is coming to the end of a two year grant from the Legacy Foundation that enabled us to develop our SUCCESS! program. This program is a smoking cessation curriculum developed by Bridgehaven especially for mental health consumers. Using the knowledge we have gleaned from implementing the program, we developed a workshop for mental health and health care professionals entitled "Mental Illness and Smoking Cessation: The New Frontier". We were able to present the workshop in conjunction with Our Lady of Peace hospital on September 10, 2010. In addition to this we were invited to present the workshop at the Kentucky Psychological Association's annual conference on November 12, 2010. The staff involved in developing the program and presenting the workshop were Barbara Hedsbeth LCSW, Clinical Director; Jim Walker, CSW, ATR; Judy Clements, RN; and Phillip Winchell, Peer Support Specialist.

Opportunity Knocks

Our members put together their own newsletter once a quarter. The full issue contains member written art, interviews, poetry, games and fun facts. Excerpts can be found on our web site. You can find us at www.bridgehaven.org

Aidan



Our dog is no ordinary dog
She loves everyone for their special ways
Always brightening up someone's day
with a steady gaze
She reaches your soul
captivates you with something she only knows
holding secrets that we share
letting you know she's the one to care
For her loyalty is a delight
in spreading warmth and a special bond
always protective to those in need
She is a true companion
that I see
when she welcomes me with a wagging tail
and touches me gently with her nose
I feel the love
she is to everyone
she is my friend.
— Sonya R. —

Bridgehaven Makes Metro United Way Terrific 25!

Metro United Way funds help make Bridgehaven's recovery services available to the community. Many of you work for companies and organizations that participate in Metro United Way's annual campaign. Thank you for your contributions! Bridgehaven also conducts a MUW campaign every year, as do all of the agencies that receive funding. We take our campaign seriously and our staff believes it is important to give back to the community that supports our mission. For the second time in three years, Bridgehaven has been ranked among the top 25 companies in giving per person. That means we are "competing" with the large companies throughout our community that make the campaign so successful. This year Bridgehaven was ranked 21 among all of the participating companies and organizations in per capita giving. WOW! That is quite an accomplishment and we are the only Metro United Way agency to achieve this level of giving per person. Metro United Way President and CEO, Joe Tolan and Vice President Jennifer Adrio visited Bridgehaven in January to present staff with a plaque recognizing the agency's accomplishment and to express their appreciation to Bridgehaven staff for "walking the walk" and being one of Metro United Way's premier agencies.



Bridgehaven President/CEO Ramona Johnson and Joe Tolan, MUW's President/CEO

Bridge Builder Lunches

If you'd like to learn more about Bridgehaven and our programs, meet some of our members and hear their recovery stories, plus tour our facilities, please join us for a Bridge Builder Lunch. It's free, we provide lunch, and it will only take you an hour. Upcoming dates are:

February 23
March 23
April 6
May 18
June 8

**Call Donna at 585-9469
for a reservation!**

Urban Outreach Initiative

Within a five mile radius of Bridgehaven there are six high rise apartment buildings offering subsidized housing for those who are over the age of 55 or who are disabled. Many of our current members live in these buildings, and the apartment managers report that as many as a third of the residents have mental illness. The nature of mental illness puts these residents at risk for loneliness, isolation and lack of support. They often are not aware of the services available at Bridgehaven or other community resources. Thanks to a grant from the Foundation for a Healthy Kentucky, Bridgehaven has implemented a program to provide outreach to these people. Our staff work with the apartment managers to announce and hold a reception for the residents. We serve snacks, and give a short talk about Bridgehaven. We also set up a table with brochures and information about other resources for mental health services, public transportation, educational opportunities, etc. We treat the residents to a bingo game with prizes, and hopefully open a door for the next step toward recovery.

Going Green

We would like to begin sending out periodic updates about our programs, as well as our newsletter, via e-mail. To join this list, please send an e-mail to joglesby@bridgehaven.org.

**HOW CAN YOU
REFER
A PERSON TO
BRIDGEHAVEN?**

CALL

**DAVID SISK,
LCSW**

OFFICE:

(502) 585-9444

**CELL PHONE-
VOICE MAIL:**

(502) 807-6500

**FOR AN
INTAKE APPOINTMENT**

STAFF HIGHLIGHTS

Ed. Note: Rachel joined Bridgehaven's staff in January 2011. The following is an excerpt from an interview conducted by one of our members, and published in the member newsletter, Opportunity Knocks.

Name: Rachel Wenzke

Originally From: Dayton, Ohio

Where did you receive your degree?: BFA from Ohio University, 2005; MEd (Expressive Therapy) from UofL, 2010

Have you done this kind of job before?: Yes, Art Therapy Center in Asheville, NC

What brought you to Bridgehaven?: My education and experience with Expressive Therapy and the members.

Who were your primary influences?: My parents, brothers and sisters and my mentors.

What quote kept you going/persevering through graduate school?: "Trust the Process" a professor at the University of Louisville.

Artistic Influences: Georgia O'Keefe, Frida Kahlo, Imogene Cunningham, my Art Professors at Ohio University.

Psychology School of Thought?: Human Development, Carl Jung and Murray Bowlen.

What do you hope to bring to Bridgehaven?: I hope to bring encouragement and support for all the members here at Bridgehaven. Also I bring my artistic knowledge to share with all those who wish to explore their own artistic side.



Rachel Wenzke, LPCA